



As cold and flu season approaches, the Los Angeles County Dept. of Health would like to pass on this friendly reminder...

If you are sick, stay home to avoid spreading illness to others.

Colds and especially influenza can be very contagious and easily spread from person to person. This is particularly true during winter months when people stay indoors and are in close contact with one another. Most people who are sick will recover after a few days of rest.

It's not too late to get your flu shot.

In Los Angeles County, flu usually peaks in late December. Since it takes about two weeks for the flu shot to become effective, October and November are the ideal times to receive your shot – but since the flu can circulate as late as March, a flu shot can still protect you even if you get it as late as December or January. While a flu shot cannot guarantee that you will not become sick this winter, it is still the best protection against the flu and prevents serious illnesses especially among those who are most vulnerable.

Colds and the flu are mainly spread through the air.

To avoid making others ill, if you are sick, cover your mouth when you cough or sneeze, wash your hands frequently, and stay home to avoid exposing others.

The county offers flu vaccinations free to persons 60 years of age and older and to persons at high risk for flu complications. For more information call 1-800-427-8700 or visit www.lapublichealth.org/ip

Information about flu in LA County is available at: www.lapublichealth.org/acd/flu.htm



Sadina Reynaldo, Ph.D.
Acute Communicable Disease Control
Los Angeles County Dept. of Health Services
Public Health

